Colorectal cancer screening at no cost

Colorectal cancer is the most commonly diagnosed cancer in Singapore, affecting males and females aged 50 and above. It is a cancer of the large intestine — colon and rectum. Most colorectal cancers begin as small, non-cancerous growths known as polyps, which are attached to the wall of the colon. But over time, some of these polyps can develop into cancer. In Singapore, the risk of getting colorectal cancer is higher among people who are aged 50 and above. However, it is one of the most preventable cancers, and screening for colorectal cancer should start at the age of 50 for individuals with average risks. Singapore Cancer Society (SCS) annually distributes the Faecal Immunochemical Test (FIT) kits at no cost to Singaporeans and Permanent Residents (PRs) who are aged 50 and above.

The FIT Kit has the following benefits:
- It is a non-invasive screening test for colorectal cancer.
- It is a preliminary screening test to specifically detect human occult blood (microscopic blood that cannot be seen by the naked eye) in a person’s stool sample, without any diet restrictions or requirements.
- It is recommended for anyone aged 50 and above to do the test every year.
- It is a safe and easy to do test which can be done in the privacy of your home.
- There is no cost to collect the kit and to get tested for Singaporeans or PRs 50 years old and above.

Screening Eligibility:
- Singaporeans and PRs
- 50 years old and above
- Have not done a FIT screening in the past year, or a colonoscopy screening in the past 10 years.

Where the SCS FIT can be collected:
- Participating polyclinics under the National Healthcare Group Polyclinics, Singhealth and National University Polyclinics
- Selected Guardian Health & Beauty Stores, Watsons Personal Care Stores and Eu Yan Sang Stores
- SCS main office at 15 Enggor Street and SCS Clinic @ Bishan.

For more information, call 1800-727-3333 or visit www.singaporecancersociety.org.sg.